

COMMUNITY CONNECTION

A NEWSLETTER FOR FRIENDS OF EVANSVILLE STATE HOSPITAL



The Central Labor Union Party was held on December 9th with band members pictured here providing the music for the evening.

HOLIDAY CELEBRATIONS

The holiday activities were plentiful again this year through the goodwill of countless volunteers and sponsors. "Thank you all for such an enjoyable Christmas" was one sentiment echoed by many of our residents. There was quite a bit of hustle and bustle throughout the hospital beginning with *Deck the Halls* on December 3rd, as the units began to decorate for the holidays and prepared Christmas cards for family and friends. With the collection of donated cards and homemade cards made in programming, there was an ample supply of greeting cards to go around. The Holiday Mixer that weekend featured the harmonious *Sweet Adelines* and pictures with Santa. Approximately 125 friends and family

members came out to visit with loved ones. *Oak Hill Baptist Church* members also came out for a special bingo party that morning for residents on C & D units. Colorful plastic totes of gift items were handed out that included puzzle books, 2011 calendars, socks, and a variety of personal care products.

Area union members were adamant that they continue with plans for their annual Christmas party for residents even though several were struggling from the Whirlpool closing. The *Central Labor Union* extravaganza lived up to its reputation of a wonderful evening complete with lots of fellowship, music, dancing, and holiday goodies. The onslaught of wintry weather that weekend did not delay the traditional all unit hospital-wide parties. Civic groups came out in full force to mingle with our residents and treat them to some good holiday fun. "We look forward to coming out in December" said one volunteer donning antlers for the festivities. "We enjoy it just as much as they do!". A big thank you goes out to members of the *East Side Lions Club*, *Our Saviour Lutheran Church*, *Fairlawn United Methodist Church*, *USI Social Work Club*, *F.O.C.U.S.*, *Men of C.O.L.O.R.*, and *St. Benedict Cathedral's St. Vincent DePaul Society*.

The *USI Stellar Club* warmed our geriatric residents with hot chocolate and cookies during their monthly gathering. Friend to Friend participants shared in a small gift exchange party. *American Legion Auxiliary* members celebrated the season with a luncheon for veterans with special guests 1st Vice President *Cheryl Brady* of the Dept. of Indiana's Eighth District and husband Commander *Mike Brady*. The holiday concert by the 18 member *Hadi Shrine Brass Band* was enjoyed by a significant crowd. *North Woods Church* volunteers brought their own musical ensemble for their gift party for G Unit residents. The jolly man himself was present, along with a few comical elves. In addition to the inter-faith worship offerings during the month, area deacons and lay ministers provided several Catholic services including a mass to celebrate the Immaculate Conception and Christmas. Thank you all for an enjoyable holiday!



SILVER AWARD

ESH again received the Silver Award from Joint Commission for achieving an 80% rate of flu vaccinations in 2010, up 5% from last year. Kudos to all for their efforts with disease prevention and maintaining a healthy environment for our residents, families, visitors, and staff.

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PATIENT HIGHLIGHTS

CHRISTMAS GIFT LIFT PROGRAM

The gift opening parties were held on December 20-22 with plenty of gifts for everyone. A few small gifts were distributed on Christmas morning with the help of Executive Staff members *Patti English and Beverly Reine*. Everyone was thrilled with their new music, bedding, and clothes. The residents received a great deal of gift cards from local stores and restaurants and are excited about using them in the next few months on outings. Many were happy to receive some very basic items such as batteries for electronics, laundry supplies, and toiletries. After opening up several gifts, one of our residents merrily exclaimed that he “raked in” this year implying that he received so much more than he had asked for or expected. Our residents were happy to sign their names to thank you cards made in programming for the donors. One resident wrote “You fine folks went well above and beyond the call of duty. What a terrific bunch of helpers you truly are!”



The *Evansville Courier and Press* featured a few of ESH's Gift Lift Program sponsors in their “12 Days of Giving” series which helped to bring more awareness and resources to the hospital. The request for 20 additional sponsors was met earlier in the month; however, concerned callers kept the Community Services Office phone ringing for weeks with offers to help, many already in the program willing to increase their sponsorship and bring in needed gift items. The new sponsors and additional contributions helped to complete the residents' wish lists and fill those of our new admissions. The overwhelming support was greatly appreciated!

ESH “GETTING PHYSICAL” IN 2011



The E SHAPE Committee remains active in promoting employee health and fitness activities with a Biggest Loser challenge underway in 2011 involving 55 staff members on 13 teams. The six-week weight loss challenge will run through March 4. In the fall of 2010, seven teams participated in a fall walk competition with 56 employees walking a total of 4,672.75 miles. The winning team comprised of employees from Continuum of Care and Health Information Services took the honor of dethroning the F Unit team from the spring walk challenge by walking a combined effort of 1,095 miles from Sept 27-Nov 5. The traveling trophy, a wooden wall plaque with baby sneakers affixed to it, now adorns the 2nd floor administrative hall. The more recent Holiday Hold'em Challenge ended on January 7 with 13 staff (72%) maintaining their initial weight over the food-feasted holidays beginning on Nov 17. Eleven participants actually lost a total of 35 pounds.

Over the past several years, the E SHAPE group, *Evansville State Hospital Actively Promoting Exercise*, has been successful in supporting employees as they tackle their personal fitness goals. E SHAPE was formed in 2006 in response to the INShape Indiana movement, and uses the website www.inshapeindiana.org for educational information and resources. Interest in a health fair at the hospital is being sought as well as maintaining an electronic fitness log to track all employees' fitness efforts year round.

To celebrate the Heart Healthy month of February, ESH is doing it “80's style” with a *Let's Get Physical* dance for Valentine's Day. Staff and patients are encouraged to dress to impress in “totally” 80's style legwarmers, teased hair, and pegged jeans. The festivities in the gym from 1:00-3:00 p.m. that afternoon will revive the popular dance moves of the moonwalk and the wave, and feature break-dance routines and *Thriller* choreography. Other patient activities in February include bike racing, bowling, Tai Chi, and ballet.



ESH HISTORY DOCUMENTED

Evansville State Hospital is featured in the recently published *Psychiatry in Indiana: The First 175 Years* by Philip M. Coons, M.D. and Elizabeth S. Bowman, M.D. ESH historical documents and centennial memoirs from hospital retirees were shared with Dr. Coons and included in the historical work. Continuum of Care employee *Catherine Eversole* was interviewed and is featured under Notable Non Psychiatrists from Indiana.

TRANSITION PLANS

With the focus on recovery and providing patients with the right level of care in the least restrictive environment, the Division of Mental Health and Addiction has been working closely with the Bureau of Developmental Disabilities and state facilities to identify patients with intellectual disabilities who can safely and appropriately be transitioned from a hospital setting to placement in the community. A transition plan was established in the summer of 2010 and progress has been made in securing providers of community residential services to facilitate the patient transitions. ESH hosted a provider fair on October 26th at which time patients and families had the opportunity to meet with a variety of Indiana providers. Visits to several supervised apartments and group homes have taken place in the past few months which have helped with the selection of providers to best meet the individual's community living needs. 32 ESH residents are expected to be placed in the community by the end of the spring. This is an exciting time for our residents whose personal goals are being realized—living outside of a hospital setting, making new friends, and working in the community.

With the reduction in beds for clients with developmental disabilities, the hospital population of patients with serious mental illnesses will rise with some bed shifting and realignment of units. Tentative plans are for a transition unit and male-specific area. Informational meetings as well as brainstorming sessions with input from hospital staff related to the population shift have been held since the fall of last year. The Patient Organizational Planning Group in conjunction with Executive Staff members continue to work on several proposals for the unit reorganization.

FUN FOOD DRIVE SURPRISE

ESH employees are participating in *First Lady Cheri Daniels' Hoosiers Helping Hoosiers Food Drive* with weekly collections of soup, pasta dinners, cereal, canned vegetables and fruits that will benefit Grace Baptist Church's Food Pantry at 1200 N Garvin Street in Evansville. The local food pantry serves between 50-80 families on any given day, and over 1,100 Vanderburgh County residents each month.

In the spirit of the Super Bowl, employees are bringing in canned soup the first week of February. During the rest of the month, themed activities related to Valentine's Day, healthy families, and 'breakfast of champions' are planned to bring about fun and surprises while striving to meet the hospital's weekly collection goals.



Employees brought in soup cans to reach the goal of 100 cans, filling in the squares on the Souper Sunday game board with each donation.

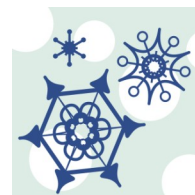
WELCOME NEW EMPLOYEES

Brian Adams, Nursing Service
Holly Barrett, Nursing Service
Christopher Carlisle –Nursing Service
Belen Dorsett, Nursing Service
Amber Gogel, Rehab Therapy
Ronald Harper, Nursing Service
Sarah Sisk, Nursing Service



GOODBYE

Latisha Dixon, Housekeeping
India Francis, Health Information Services
Betty Gross, Nursing Service
Sandy Higgins, Nursing Service
Lawrence Houston, Nursing Service
Tina Schindler, Nursing Service
Woodrow Tindle, Housekeeping



COMMUNITY CONNECTION is published every other month for friends of Evansville State Hospital. News items are welcome and should be submitted to the Community Services Office.

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WE'RE ON THE WEB!
WWW.IN.GOV

LOCAL GROUPS OFFER EDUCATION & SUPPORT

NAMI: The Evansville NAMI group is offering a class for individuals interested in establishing and maintaining their own wellness and recovery. This new series is a 10-week course open to the general public, held on Monday evenings from 6:45-8:45 p.m. at St. Mary's Kempf Bipolar Wellness Center (Rehab Building). The presentation, conducted by volunteers trained in recovery, will begin on Monday, March 7 and will be held on 10 consecutive Monday evenings. Classes provide information and skills relating to a wide range of mental health issues including anxiety, post-traumatic stress, bipolar disorder, obsessive compulsive disorders, depression, borderline personality, and schizophrenia. Reservations are necessary—contact Charlotte at 812-568-1870 for registration details.

The 12-week educational course for family and friends of loved ones with mental illness will also begin on March 7th from 6:45-9:00 p.m. at Old North United Methodist Church on the north side of Evansville. Contact Diane at 812-423-4333 to register. This session is presented by trained family members and is appropriate for persons who want to better understand and help those who live with a serious illness. Information on the local National Alliance on Mental Illness can be found online at www.namievansville.org.

MHA: Mental Health America is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. With more than 320 affiliates nationwide, Mental Health America works to improve the mental health of all Americans, especially the 54 million individuals with mental disorders, through advocacy, education, research and service. The local chapter offers several support groups in Evansville at no cost to participants. Groups are open to residents from Vanderburgh, Warrick, Posey, and Gibson counties. Support groups connect individuals with others who can identify with their personal experience and offer a valuable level of understanding and emotional support. A mental health assessment is not conducted during the groups. There is no formal registration; however, you are advised to call the MHA office at 426-2640 to verify the meeting time and location as well as obtain any additional information on the particular group you are interested in attending. Groups are led by mental health professionals trained in group facilitation. Some groups also incorporate the use of peer facilitators. Don't hesitate, refer a friend or loved one.

ANXIETY/OCD SUPPORT GROUP

(Deaconess Resource Center -600 Mary St.)
1st & 3rd Wednesday at 7:00 p.m.

BIPOLAR/MANIC DEPRESSIVE DISORDER

(St. Mary's Kempf Bipolar Wellness Center)
1st & 3rd Wednesday at 7:00 p.m.
2nd Wednesday (educational program offering)

SURVIVORS OF SUICIDE

(Methodist Temple)
1st & 3rd Monday at 6:30 p.m.

YOUTH GRIEF

(MHA Office-SWBHC 410 Mulberry)
1st & 3rd Thursday at 6:00 p.m.